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LOBSTER CAMPAIGN COOKED UP: MINISTER

An animal-rights group has launched a campaign directed at German supermarkets to ban the sale of lobsters in the country over concerns about how the animals are packaged and cooked. Nova Scotia Fisheries Minister Sterling Belliveau thinks the group is misinformed. Story, page 5. GETTY IMAGES

Cops in court costing 'big, big' money

Overtime. Police chief, councillor want better communication with Crown to avoid unnecessary callups

Keeping Halifax police officers in court for hours when they may not even testify costs the department money and frustration, says a HRM councillor.

During a police commissioners meeting Monday afternoon, Coun. Barry Dalrymple, a former RCMP officer, said the cost of overtime for Halifax Regional Police is "directly related" to court.

"It's a big, big part of our police budget," Dalrymple said.

"We have way too many officers getting called over and over and over again to court to supposedly testify — to sit

Quoted

"This is one of the big costs to our police department, so why wouldn't we look at it?" Coun. Barry Dalrymple

there for hours on end and, guess what, the case gets put off."

Halifax Police Chief Jean-Michel Blais said cases can be postponed because the prosecution is missing a key witness, the defence isn't ready to proceed or many other reasons.

Blais and Dalrymple said there needs to be better communication between police and the Crown.

"If we can streamline it in such a way that we can bring it down from 20 per cent certainty that they're not going to be required, to perhaps a 60,

70, 80 per cent certainty they're not going to be required — that would lower our initial costs," Blais said after the meeting.

Blais said it's important for the police to know exactly what attorneys are planning in a case and what their needs are, so that officers can show up at a specific time, or know whether they're needed at all that day.

The police chief said he will prepare a draft paper detailing the cost of court expenses and overtime, how often officers actually testify, and the costs related to witnesses coming in from outside HRM.

"There are ways to fix it," Dalrymple said, such as holding defence lawyers more accountable.

"I know there are all kinds of legitimate reasons to put cases off, but there are also everyday stalling reasons, playing the game." HALEY RYAN/METRO

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Gadgets for Guns, Part 2?

Amnesty. Inspired by 2009 program, councillor suggests giving 'certificate, reward or gadget' in return for residents' unwanted firearms



HALEY RYAN
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How about a gadget or gift certificate for a gun?

At a Halifax police commissioners meeting Monday, Coun. Tim Outhit said he would like to see another amnesty program that would allow the public to drop off unwanted firearms.

"Mainly what I hear is 'What could we do to get more guns off the street? There seem to be more guns on the streets,'" Outhit said about the concerns he's hearing from his Bedford residents.

In tabling the amnesty idea Outhit referred to 2009's Pixels for Pistols campaign, which police ran with the help of Henry's Camera, one of whose stores had been the victim of an armed robbery.

In that program, anyone who turned over a firearm was eligible to receive a digital camera.

Halifax Regional Police Chief Jean-Michel Blais said about 1,200 guns were collected during Pixels for Pistols.

"Maybe it's time to take another kick at that," Outhit said Monday.

Blais said gun violence and gun control is "very high" on the police's priority list, and that the force has seized 155 firearms so far this year.

Quote



"I want us to do an amnesty and encourage people to turn in guns."

Coun. Tim Outhit

He said most of the guns used in crimes across HRM are "domestically sourced," meaning stolen from the homes of legitimate gun owners.

Blais said anything that cuts down on a criminal's potential source of weapons can help.

"Our goal is that if you don't need to have your gun or don't want to have your gun, contact the police and we'll gladly take possession," Blais said.

Outhit said he would like to see all levels of government and a business sponsor work together on any amnesty program, which would "hopefully" run in the fall.

"I think it would be nice if council and councillors and police working together could come up with some sort of little incentive like last time, where you get a certificate, reward or gadget," Outhit said.

Vote

In other news Monday, Commissioner Micki Ruth was voted in as the new chair of the Board of Police Commissioners, and Phillip Read was nominated for vice chair.



Halifax Regional Police Const. Don Jenkins holds one of over 1,000 guns collected during the successful Pixels for Pistols amnesty program during a 2009 press conference. METRO FILE

1 NEWS

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Councillor seeks funds to improve safety near church

Mixed neighbourhood.

Brunswick Street United Church could install new fence, gates



HALEY
RYAN

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A Halifax regional councillor is asking his colleagues to approve funds for a new fence beside the Brunswick Street United Church in order to improve safety in the area where a shooting happened last fall.

If approved on Tuesday, the church will receive \$12,075 to install a wrought-iron fence and gates to control access to the path connecting Brunswick to Barrington Street and the Metro Turning Point Shelter.

"They would be locked at dusk, and that would stop people from short-cutting around the church, keep

Past violence

"Obviously steps need to be taken."

Coun. Wayne Mason says of violence concerns in the area.

people from loitering in the alleyways," Coun. Wayne Mason said.

"There is vandalism ... which isn't something you want to have."

On Nov. 13, two men shot at one another from opposite ends of the alley during the daytime, Mason said, which brought the area to his attention.

"This has been in process since I won the election," Mason said.

Don Spicer, executive director of Metro Turning Point, said the gate would be a "step in the right direction."

"I can't say what kind of difference it'll make, but it

appears to be one piece of the overall puzzle," Spicer said Monday.

"At the end of the day, we just want to be good neighbours and make sure we're all doing our part to make a safe neighbourhood."

Mason said the gates are the "final piece" of improvements in the area, including security projects with Metro Turning Point and raising the fence on the path between the shelter and Brunswick Street Mission.

"You've got a great mixed neighbourhood where you've got the condos and the long-term residents who've been there 40, 50, 60 years, you got the church that's been there doing the mission for 150," Mason said.

"We have to ask, 'How do we make this work better?'"

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The Brunswick Street United Church in north-end Halifax. DEVAAN INGRAHAM/FOR METRO

Two snow storms expected in HRM this week



A snow plow turns onto Barrington Street last month following a mid-February storm. JEFF HARPER/METRO FILE

Spring may be on the calendar for Wednesday, but the sweet smells the season can bring sure won't be in the air this week.

As the thought of blooming flowers and buzzing bees floats through the minds of many in Halifax, Environment Canada is forecasting two significant snow events in the coming days.

Meteorologist Paula Sutherland says on top of

The weekend

"There are signs of spring."

Meteorologist Paula Sutherland says temperatures are expected to rise by the weekend.

the 10 to 15 centimeters of snow HRM can expect overnight Tuesday, another 15 centimetres could fall Thursday night into Friday.

The first snowfall is ex-

pected to start around 9 p.m. Tuesday, with the possibility of ice pellets or freezing rain. On Thursday night, the snow is expected to start around the same time and should include a changeover to rain.

"It can still change; we're looking at four days away before Friday," Sutherland said of the second storm. "I wouldn't hang my hat on the start time either."

KAYLA WOODSIDE/FOR METRO

Bright side

- On the bright side, Meteorologist Paula Sutherland says temperatures will start to come up by the weekend.

- She expects it to be around 4 C on Saturday and Sunday, and the next couple of weeks look warm and mostly dry.

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Miss Ally. TSB finds no safety issues on capsized fishing boat

The Transportation Safety Board of Canada has concluded its investigation into the capsizing of a Nova Scotia fishing boat that claimed five lives.

The independent agency says it won't be issuing a report or recommendations because investigators couldn't identify any safety deficiencies that could have contributed to the loss last month of the Miss Ally and its crew.

Regional manager Pierre

Murray says the evidence shows the 13-metre boat was not overloaded and was properly equipped with safety and communications gear.

Murray says the crew from southwestern Nova Scotia was aware they would encounter a fierce storm that unleashed 10-metre waves and winds approaching hurricane-strength.

He says there would have been no point in retrieving the upturned vessel because

February incident

- The Miss Ally capsized on the night of Feb. 17 about 120 kilometres southeast of Liverpool, where the ocean temperature was hovering between 2 C and 4 C.

its wheelhouse and living quarters were torn off.

THE CANADIAN PRESS

Skate while the skating's still good

Two people skate at the Emeric Oval on Monday morning during what was a brisk day weather-wise. As the warmer weather approaches, the number of days for skating on the oval become fewer and fewer. For a full schedule visit halifax.ca/skatehrm/

MARIKA MCKENZIE/FOR METRO



'No cruelty' in N.S. lobster ways: Minister

Crusty situation.

German animal-rights group says they suffer 'pain and suffering'

MARIKA MCKENZIE
halifax@metronews.ca

The province's minister of fisheries and aquaculture says he is proud of the way Nova Scotians do lobster.

The minister was speaking about a CBC story about a German animal-rights group that has spearheaded a campaign and been successful in banning lobster from major German supermarkets.

"This is a crustacean that we are talking about here," said the minister, Sterling Belliveau. "To me there is no cruelty. It's done in a very humane way and lobster is a part of our culture."

The animal-rights group, the Albert Schweitzer Foundation, says on its website that it's against the banding of lob-

Quoted

"If (the Albert Schweitzer Foundation) had the opportunity to understand, they would see we have been very successful at implementing policies that actually protect the lobster industry."

Fisheries Minister Sterling Belliveau



ster claws, the transport of lobsters and boiling lobster alive, and that it wants to ban the creature from grocery stores.

Nova Scotia exports most of its lobster to the United States, Belliveau said, but developing smaller markets such as Germany is still important.

"To me it's disappointing that Germany doesn't understand our fishing industry and the true sustainability of it," he said.

Geoff Irvine, the executive director for The Lobster Council of Canada, said the country can't afford to lose any lobster markets.

"We need every market we have and we need a good, strong network," Irvine said. "A market like Germany is really important and we're not giving it away."

Irvine said that he and his team have been dealing with the situation in Germany for close to two years.

"What we don't want is for this to spread, so that's the worry."

The team's plan is to put together a statement, explaining proper lobster handling and husbandry, that will be provided to all Canadian exporters.

Study to examine feasibility of potential ore plant in C.B.

Nova Scotia's Economic Development Department says an international steel company is mounting a series of feasibility studies on the establishment of a metallic production facility in Sydney.

International Iron Beneficiation Group Ltd. is interested in building a manufacturing plant that would convert superfine iron ore into metallic iron units used

for steel production.

If the project proceeds, the company will have to meet all federal and provincial environmental regulations.

The feasibility study and power rate study is expected to be completed in 2014.

A final decision on whether to proceed with the project will be made by the company once the studies are completed. **THE CANADIAN PRESS**

By the numbers

\$300K

The amount Enterprise Cape Breton Corp. is giving for the studies, while the company is responsible for the remaining cost, which could exceed \$2 million.

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Feds' Khadr file refers to crimes not included in 2010 guilty plea

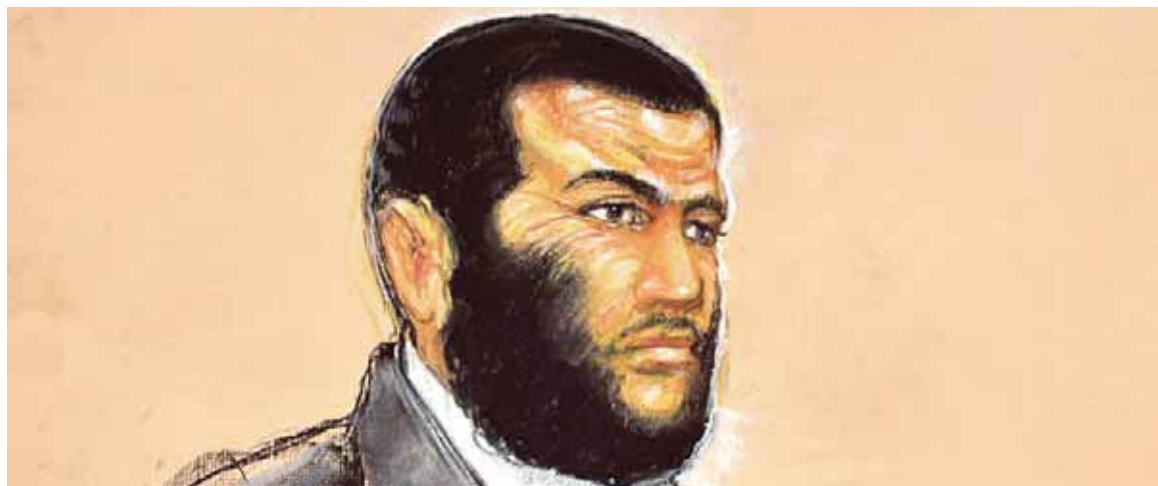
Allegations. Lawyer says there is 'no evidence whatsoever' to support claims of murder, bin Laden ties

The federal government's file on Omar Khadr contains faulty information based on a memo prepared by a senior policy analyst for Public Safety Minister Vic Toews, internal documents obtained by The Canadian Press suggest.

Among other things, the government alleges a 15-year-old Khadr was an accomplice of late terrorist mastermind Osama bin Laden and that the Canadian citizen killed two Afghan militia men.

The assertions are important given that they will help inform decisions that Canadian prison and parole authorities make on Khadr.

The claims, which form part of Toews' decision allowing the Toronto-born Khadr, 26, to transfer from Guantanamo Bay



A sketch shows Omar Khadr at the U.S. military war-crimes commission on Guantanamo Bay U.S. Naval Base in Cuba on Oct. 26, 2010. The federal government's file on Khadr contains faulty information based on a memo prepared by a senior policy analyst, internal documents suggest. JANET HAMLIN/THE CANADIAN PRESS

to Canada last September, originated with a memo written in October 2011 as part of the transfer preparation.

The memo, by Liliane Keryluk, contains a series of statements reflecting Khadr's 2010 deal with a U.S. military commission, in which

he pleaded guilty to five war crimes, among them throwing a hand grenade that killed an American special-forces soldier in Afghanistan.

However, Keryluk's memo — reprised in Toews' decision — goes even further than American military prosecutors.

In particular, her memo asserts: "Mr. Khadr engaged U.S. military and coalition personnel with small-arms fire, killing two members of the Afghan militia force. He threw and/or fired grenades at nearby coalition forces, resulting in numerous injuries to them."

Although someone inside the compound where Khadr was staying shot the two Afghans, nowhere in his signed admission, which was drafted by military commission prosecutors, is there any suggestion he personally killed them.

THE CANADIAN PRESS

The lone survivor

Khadr could see parole after decade behind bars

The badly wounded Khadr, then 15, was the only survivor found in the rubble following a battle in which American forces dropped two 500-pound bombs on a compound in Afghanistan in July 2002. He was taken to Guantanamo Bay a few months later.

Under the Canadian citizen's guilty plea in 2010, he was given a further eight years behind bars and was transferred to Canadian custody last fall. He is currently a maximum-security inmate at the Millhaven Institution west of Kingston, Ont., and is already eligible for day parole. THE CANADIAN PRESS

Quebec. Chopper pilot carried out prison break at gunpoint, his boss says

A young helicopter pilot, 23-year-old Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

Up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners

Nabbed

Hours later, the two alleged accomplices and the two escaped convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two-dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

dangling from the helicopter, then landed in an open field where the pair was able to hop aboard.

From there, they flew toward a hotel in the Laurentians, where the four passengers left — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway. THE CANADIAN PRESS



Ex-star QB killed in crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a Tulsa, Okla., businessman, were the flight crew on the private jet and were both killed.

JOE RAYMOND/THE ASSOCIATED PRESS

Central India. Six men accused of raping Swiss tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farm-

ers from nearby villages, also face additional charges of robbing the Swiss couple.

The men beat up the husband and tied him to a tree before raping the woman, police said.

The attack, which occurred Friday night as the couple camped in a forest in Datia district, came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and over the country's justice system. THE ASSOCIATED PRESS

Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday, while denying reports trickling out from prisoners through lawyers

that there is a more widespread protest and lives are in danger.

No prisoner faces any immediate health threat from the strike, though two have been admitted to the prison medical clinic because of dehydration, said U.S. navy Capt. Robert Durand, a spokesman for the detention centre in Cuba. THE ASSOCIATED PRESS



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Stranger's kindness fulfils St. Patrick's Day wish

Halifax to Dublin. Plea online brings Irishman to forgotten family grave



ANDREW FIFE
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While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started when Andrew Bourke of Halifax brought an odd request to the social news site Reddit on the weekend.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lieut. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint

there tomorrow ... or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included was a new photo of the same grave, now decorated with a simple token.

"I found the houses that are in the background," elmoslats explained. "I then stood at the point where I was looking at the houses at the same angle.... It took about 30 minutes."

"I honestly cried," Bourke later confirmed. "Just a little bit ... but wow. Just wow."



Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

Refusing pipeline would be a betrayal: Redford



Alberta Premier Alison Redford in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa to promote her energy strategy. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to

build its \$7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the original free-trade agreement between Canada and the United States included formal commitments to maintain the energy relationship, with

Canada promising to remain a supplier and the United States committing to remaining a customer.

"We need to make sure that those relationships continue," she said. "They matter to the continent. And we're a very blessed continent. We have resources, we have people, we have security. And it's important for us to remember it's a result of an incredibly successful partnership over the last decades, hundreds of years."

THE CANADIAN PRESS

Alberta

Death brings fix for hand sanitizer

The 2010 death of a man in Alberta has changed the way hand sanitizer is provided in hospitals.

A doctor at Vulcan Hospital determined it was safe for a drunken Kurt Kraus to sober up in an RCMP cell. A nurse suspected the alcoholic had ingested hand sanitizer at the hospital, but no one knew he had also taken 10 anti-depressant pills.

Hospitals have removed all portable bottles and replaced them with wall-mounted dispensers in public areas. THE CANADIAN PRESS

Illegal immigration

Feds back border-patrol reality show

The federal government is being criticized for approving a reality TV show on Canada's border security after camera crews filmed the arrest of several men in Vancouver last week.

But Public Safety Minister Vic Toews isn't backing down, saying that illegal immigrants cost taxpayers millions of dollars a year.

THE CANADIAN PRESS

Algeria

Canadian remains found at gas plant

The RCMP say Canadian remains have been found at the site of a standoff in Algeria between terrorists and gas-plant workers.

But the Mounties refused to say whether the remains were discovered among the al-Qaida-linked attackers or the hostages killed. THE CANADIAN PRESS

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Manitoba. Family of man who died in ER appeals to broaden lawsuit

The family of a Winnipeg man who died in a hospital emergency room is appealing a court decision that reduced the scope of their lawsuit.

Relatives of Brian Sinclair are appealing a Court of Queen's bench ruling last year that dismissed a section of their statement of claim that said Sinclair's charter rights had been violated.

A hearing is set for Wednesday.

Sinclair, a 45-year-old double amputee, died after waiting for 34 hours in the emergency room of the Health Sciences Centre.

Sinclair's family filed the lawsuit, saying they wanted someone held accountable for what went wrong.

An inquest into the death is expected later this year.

Sinclair was in a wheelchair when he went to the emergency department in September 2008. Hospital security tape showed Sinclair went to the triage desk and spoke to an aide before wheeling himself into the waiting room. That appears to have been his only interaction with staff.

Compensation

\$110K

The Winnipeg Regional Health Authority has paid out \$110,000 in damages to the Sinclair family for loss of care, guidance and companionship.

Some 34 hours later, another person in the waiting room approached a security guard to say Sinclair appeared to be dead. Efforts to revive him were unsuccessful. Manitoba's chief medical examiner said Sinclair's death could have been prevented if his blocked catheter had been changed and his infection treated.

Police and the Crown decided no charges were warranted.

The family's lawyers had argued the health authority and the province violated Sinclair's charter rights and allowed the ER to operate even though it constituted a public nuisance to vulnerable, aboriginal patients. But a judge ruled there was no evidence to back up those claims and dismissed them.

THE CANADIAN PRESS



A drummer pays homage to Brian Sinclair, whose body was placed in a hearse after a funeral service in this 2008 photo in Winnipeg. Sinclair died in an ER after waiting more than 30 hours for care.

WAYNE GLOWACKI/WINNIPEG FREE PRESS/THE CANADIAN PRESS FILE

Unexpected partners unite against Keystone

Nebraska. Ranchers, landowners and environmentalists rally to fight off TransCanada pipeline project

With a sense of grim determination, a group of unlikely allies has begun gathering at kitchen tables, in churches and along fence rows in Nebraska to plot what could be the final battle in the four-year conflict over the Keystone XL pipeline.

After months of quiet, a recent U.S. State Department report dismissing the ecological impact of the pipeline has cleared the way for a final decision on the plan for transporting oil extracted from the Alberta tarsands to refineries on the Texas Gulf Coast.

Environmentalists, property-rights advocates and ranchers have banded together to find new ways to derail a project that, more than ever, seems to be headed for approval in a nation eager for jobs and energy development.

“It’s been four very long, very difficult years,” said one of the opposition’s chief organizers, Jane Kleeb of Hastings, Neb.

But the group is buoyed by its success so far in stalling the project and in bringing so many disparate interests into the fight.

“I’m associated with people I never dreamed I would have been associated with,” said Randy Thompson, a Nebraska rancher and self-described conservative Republican. “There’s a stigma on people considered environmentalists. I had that concept.”

The opposition effort is now focused on Secretary of State John Kerry, who will soon make a recommendation to U.S. President Barack Obama on whether to green-light the project.

Opponents and supporters will face off at a public hearing in Nebraska, expected to be held in the spring.

THE ASSOCIATED PRESS



Sisters Jenni Harrington, left, and Abbi Kleinschmidt walk past a wooden stick with a pink ribbon that marks the proposed route of the Keystone XL pipeline on Harrington's property near Bradshaw, Neb., on March 11. An unusual coalition of environmentalists, property-rights advocates and ranchers is attempting to find new ways to derail the Keystone project.

NATI HARNIK/THE ASSOCIATED PRESS

Feds challenge right-to-die ruling

Canadians who want control over how they die should not take priority over vulnerable people whose lives could be hastily snuffed if the courts uphold a legal decision permitting doctor-assisted suicide, a federal government lawyer argued before British Columbia's highest court.

Donnaree Nygard set out the errors the government contends were made by a trial judge as the review of a landmark decision that effectively

Exceptions

Belgium, the Netherlands, Luxembourg, Oregon and Washington states are among the jurisdictions that permit assisted suicide.

gave people the right to die began Monday in the B.C. Court of Appeal.

She told a panel of three judges that Parliament has

weighed the considerations on either side of the divisive debate on a number of occasions.

“And on each occasion has come to the conclusion that the need to protect individuals in vulnerable circumstances outweighs the interests of those who seek assisted suicide.”

The case was initially brought to the courts by the daughter of an ailing 89-year-old Canadian woman who accompanied her mother to Switzerland in 2010 so the sen-

ior could legally end her life.

Since then several plaintiffs have joined the case, including Gloria Taylor, a terminally ill 63-year-old who was suffering from a neurodegenerative disease.

Taylor was granted a constitutional exemption to seek help killing herself last June after the B.C. court struck down the ban and ordered the federal government to rewrite its law banning assisted suicide.

THE CANADIAN PRESS

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Strange frog species could jump again

De-extinction. Scientists plan to revive frog that was wiped out in 1983

As the only animal to give birth through its mouth, the gastric-brooding frog fascinated scientists — until it became extinct in 1983. But thanks to a cloning breakthrough, this unique beast could live again and become the first “de-extinct” species since a Pyrenean ibex survived for seven minutes in 2009.

New technology has allowed the Australian “Lazarus Project” to insert the frog’s genome — its complete DNA — into a similar species. The process, announced at the TEDx DeExtinction conference, is expected to produce the living animal within a few years, the project’s creators claim. “I’m sure we can get to that stage, and it will be exactly the same as the extinct frog,” Lazarus scientist Dr. Mi-



The gastric-brooding frog became extinct in 1983. PETER SCHOUTEN/METRO WORLD NEWS

chael Mahony told Metro.

The team will produce several of the species and claim the same technology could work for any organism — they are also working to revive the Thylacine, or Tasmanian Tiger.

In a Jurassic Park scenario, restoring animals could put humans at risk. “It’s totally unpredictable,” said Natural History Museum extinction specialist Roberto Miguez. “The reason Tasmanian Tigers became extinct is they were perceived as a threat to farmers.” But he added: “I would be

Doomed again

“In many cases there is no place for (extinct species) as their habitats have disappeared. They would be doomed again.”

National Geographic science writer Brian Switek on the controversial de-extinction plans

at the front of the queue to see one.”

KIERON MONKS/METRO WORLD NEWS

Satan looks a helluva lot like ... Obama? Nonsense, TV show producers retort

The producers of the cable TV miniseries on the Bible say Internet chatter that their Satan character resembles U.S. President Barack Obama is “utter nonsense.”

Mark Burnett and Roma Downey said Monday the Moroccan actor who played Satan in the History channel series, Mehdi Ouazanni, has played Satanic characters in other Biblical programs long before Obama was elected president.

The idea got widespread attention after talk show host Glenn Beck last week tweeted: “Does Satan look EXACTLY like Obama? Yes!”

History said in a statement that the network has “the highest respect” for Obama, and that “it’s unfortunate that anyone made this false connection.”

“Both Mark and I have nothing but respect and love our president, who is a fellow Christian,” said Roma Downey, the Touched By an Angel actress who is married to Burnett. **THE ASSOCIATED PRESS**



Is there a resemblance between Obama and this Satan character? **THE ASSOCIATED PRESS**

Alabama

Man pleads guilty in Obama Twitter death threat

A Birmingham man pleaded guilty Monday to using Twitter to threaten the life of U.S. President Barack Obama.

Prosecutors said Jarvis Britton, 25, tweeted, “Let’s kill the president. F.E.A.R.,” on Sept. 14. It stands for Forever Enduring Always Ready, which prosecutors say is a national militia group that planned to overthrow the U.S. government. **THE ASSOCIATED PRESS**

Twitter co-founder

Another rich guy wants to be mayor

There may be another billionaire interested in New York City’s top job. Jack Dorsey, co-founder of Twitter and the mobile payments startup Square, reportedly said in a 60 Minutes interview he wants to be mayor of New York one day. **THE ASSOCIATED PRESS**

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Coming 2 weeks

Target to open 21 new stores in Ont.

Target's expansion into Canada continues apace as the American retailer is set to open 21 new Ontario stores in the next two weeks.

On Tuesday, Target is opening 17 stores in communities across the province, while four more will be opened on March 28, adding to the three pilot stores launched earlier.

THE CANADIAN PRESS

New York City

City may make stores hide tobacco

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland. THE ASSOCIATED PRESS


Gobble-gobble


Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

Market Minute

 **DOLLAR**
97.82¢ (-0.29¢)

 **TSX**
12,781.76 (-48.27)

 **OIL**
\$93.74 (+29¢)

 **GOLD**
\$1,604.60 (+\$12)

Natural gas: \$3.92 (+4.8¢)
Dow Jones: 14,452.06 (-62.05)

Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro (\$20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it



Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

In order to get 10 billion euro (\$13.2 billion) in bailout loans from international credit-

ors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted. The government is now trying to modify the terms of the plan, particularly for small savers.

THE ASSOCIATED PRESS

U.K. Deal struck on press laws

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed potential press laws, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told ITV.

THE ASSOCIATED PRESS

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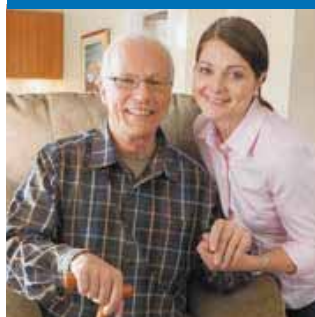
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Family Caregiver Tax Credit



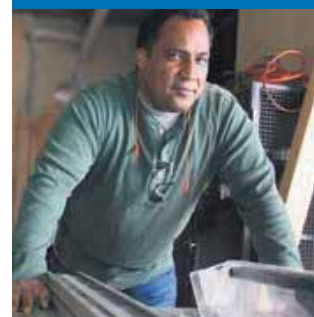
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ALL'S FAIR IN LOVE AND LAUNDRY

There are numerous benefits to shacking up with a significant other — not only is it cost-effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blowout fights) about discrepancies in who does more



SHE SAYS
Jessica Napier
metronews.ca

housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems

laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Fancy some moonshine?



STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed

his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky, as there were no aurora to see then," he said.
METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air. The shape of the ice crystals results in a focusing of the light

into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. **METRO**

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.



Which is a far cry from the military tension of the Korean Peninsula's DMZ.



Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.
Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve

Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca



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2 SCENE

DVD reviews



The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

• • • • •

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.



1993



His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

On The Mickey Mouse Club when — whoa, is that Ryan Gosling?



1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.



2000

Bristin Timberspears never really took off as a nickname. It's never too late.



2002

The solo career. The album Justified would sell more than 7 million worldwide.



2006

Timberlake brings sexy back with FutureSex/LoveSounds.



2004



Nipplegate

2007

Madonna teams up with JT and the world shrugs.

2010

Timberlake brings swagger to the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson.

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Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times

magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Here comes the Lohan!

THE WORD

Meredith Engel
scene@metronews.ca

We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?



Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney

and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.



George Clooney and Stacy Keibler



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Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold



that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring

is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.

"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

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Slim for life

Biggest Loser coach weighs in with new book

Jillian Michaels orders two eggs over easy with a smidgeon of oil and two slices of dry toast.

And coffee.

Coffee?! "Two strong cups, 400 milligrams, fights pancreatic cancer," she says. "Plus Alzheimer's, Type 2 diabetes and improves cognitive functions."

Not that Michaels is a health-nut goodie-goodie.

"I still drink a little bit of alcohol," she confides. "And I haven't been to the gym in five days!" No wonder. There's this grueling book tour on top of an always-heavy workload, plus the routine demands of parenting a three-year-old daughter and an 11-month-old son who, along with her partner, Heidi Rhoades, have come with her on this recent New York visit.

But all is never lost, says Michaels, in the battle to lose weight and be healthy. "Even



Jillian Michaels

THE ASSOCIATED PRESS FILE

if you're just standing while you're talking on the phone," she offers, "you can burn up to 300 calories in a day."

That's the sort of forgiving advice found in her latest book, *Slim for Life: My Insider Secrets to Simple, Fast and Lasting Weight Loss* (Harmony Books). "It's my softest approach to weight loss," says Michaels, a wellness coach to whom the word "soft" is seldom applied.

After all, she is famous as the drill-sergeant trainer on NBC's *The Biggest Loser*, a five-foot-two-inch force of nature who doesn't hesitate to throw her tautly muscled weight around.

THE ASSOCIATED PRESS

Headache remedies



BEST HEALTH MINUTE

Bonnie Munday
Editor-in-chief
Best Health Magazine

Stress is a big trigger for tension-type headaches. Other causes are hormonal changes such as menstruation, dental problems such as jaw-clenching, poor posture, skipped meals, fatigue, anxiety and depression.

Women are 15 per cent more likely to get headaches than men, with the incidence peaking in your 40s and declining thereafter.

In the current issue of *Best Health*, freelance writer Michelle Villett rounds up over-the-counter remedies to treat headache, and also found some natural ones. Natural remedies include:

Feverfew

This inhibits inflammation so the blood vessels don't spasm so much, according to a naturopathic doctor we consulted. Some studies show that people who take it

over time have fewer and less severe headaches.

Butterbur

It's been shown to reduce headache frequency.

Magnesium glycinate

This form of magnesium (that won't cause diarrhea) could be a good choice because it relaxes muscles.

You can also look for relief by massaging your temples with a topical product that has cooling properties. Dilute peppermint essential oil in a carrier oil like olive or coconut, or use a menthol- or camphor-based balm such as Tiger Balm.

The cooling can confuse the perception of pain, and menthol can have a relaxing effect as well as anti-inflammatory properties, which can help relieve pain. For the full article, pick up the March/April issue of *Best Health*, on newsstands now.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.



A few natural remedies have shown to help with headaches. ISTOCK IMAGES

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Forget Gatorade, just pop a Medjool Date Ball

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking

and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as need-



This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

ed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY**

OF NATURAL DELIGHTS MEDJOOL DATES

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

Health Solutions

Start dating again



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

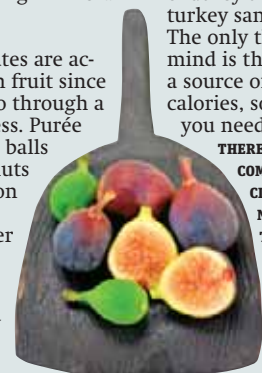
• Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great

ingredient in loaves as they add anti-oxidants along with sweetness.

• Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.

• Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



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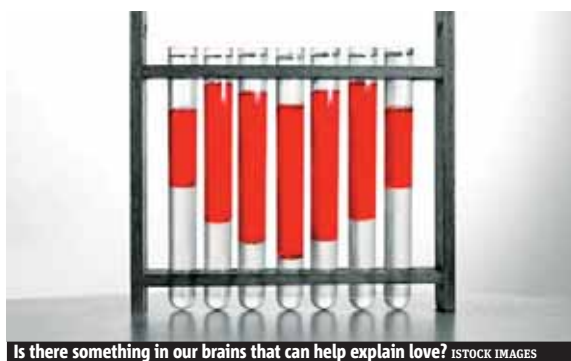
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Is there something in our brains that can help explain love? ISTOCK IMAGES

Trying to explain love with science

HEIDI
PATALANO

life@metronews.ca

Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of *Dirty Minds: How Our Brains Influence Love, Sex and Relationships*. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five

ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Five taxing tax myths

Alison on Money.

Fact or fiction: what do Canadians believe when it comes to tax time?



**YOUR
MONEY**

Alison Griffiths
money@metronews.ca

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the \$10,822 personal amount so I don't have to file a tax return.

Even if you did not earn more than the \$10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing



Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

a return.

2. I can claim a flat rate amount for business mileage.

Self-employed Canadians must keep a logbook to calculate the auto expenses

for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the

whole year. But be detailed."

3. Child support is a tax deduction.

Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.

It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.

Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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STANTEC HELPS TRANSFORM THE SYDNEY TAR PONDS

Once known as one of North America's most contaminated sites, the Sydney Tar Ponds is undergoing a remarkable transformation. A \$400-million project will see the site remediated and turned into a park.



Willie McNeil (left), says working on the remediation of the Sydney Tar Ponds has been a very rewarding experience.

Sydney's Stantec office.

"It's been very rewarding," he says, noting his father worked for the Sydney Steel Corporation, a steel company whose operations contributed to the pollution at the site.

The Sydney Tar Ponds were long a blight on the community. Now, the clean-up is generating positive buzz among local residents. When complete, the park on the Sydney Tar Ponds site will include a multi-use sports field, an amphitheatre and an outdoor skating surface.

Roger LeBlanc, a senior civil engineer with Stantec, has even received letters from former steel workers praising the work being done.

"Knowing that you're part of transforming this site is the icing on the cake," he says.

Stantec plays a key role in the clean-up. The engineering firm is redesigning the site for its future use and also provided independent quality assurance consulting (IQAC) to verify the quality of processes followed by contractors on site.

The project has been fulfilling for Willie McNeil, the team leader of

ENGINEERING IS A CHALLENGING AND STIMULATING PROFESSION

Being an engineer does not mean one will hold the same job for the rest of their life.



Kent Lane says engineering is an honourable profession because the work of engineers impacts everybody in society.

submitted photo

Take Kent Lane for example. He's the director of corporate affairs with CBCL Limited, the largest employee-owned engineering firm in Atlantic Canada. He began his career as a design engineer and project manager before stepping into his current role.

"There are lots of different opportunities for engineers," says Lane.

The profession is a challenging and stimulating one because engineers are constantly being tasked with creating

something out of nothing. It is up to the engineer to use their education, skills and experience to come up with a solution.

"You're hired because something needs to be built that doesn't yet exist," says Lane.

It is thus up to the engineer to design something that will meet the needs of today and tomorrow, while providing value and being sustainable. At CBCL, close to 20 of its engineers are LEED® accredited.

Lane describes engineering as an honourable profession because the work of engineers impacts everybody in society. So many things we come across in our daily lives involve the work of engineers, be it the clean water piped into our homes or the bridges we cross to commute to work.



Projects like the Halifax Central Library wouldn't be possible without the work of engineers.

submitted photo

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Mooseheads' Ashley earns everything he gets

QMJHL. Halifax forward brings tireless work ethic to rink night after night



ANDREW RANKIN
andrew.rankin@metronews.ca

Darcy Ashley can pinpoint the defining moment of his blossoming hockey career.

For the Halifax Mooseheads' third-leading scorer, everything changed at an atom practice coached by his father Darrell.

"I was one of the better kids and I cheated on every drill," said Ashley. "My father just lost his temper and let me have it. I realized then I would have to work really hard to get anywhere."

At last Friday's home game, the five-foot-eight, 175-pounder was officially honoured with the QMJHL Dickies Hardest Working Player of the Year award.

Ashley says he learned the value of hard work early from his father and grandfather, who are both fishermen.

Ashley is the unmistakable pesky, relentless forward who buzzes around the rink and is seemingly everywhere at once, perfecting his disturber role.

Mooseheads head coach Dominique Ducharme calls him a complete player who's as responsible and capable in his own end as in the offensive zone.

"I get just as cross when one goes in our net as I am happy when I score a goal," Ashley said.

That might explain why he ranks third on the team with a plus-44 rating. His point production has



Darcy Ashley finished third in team scoring for the Halifax Mooseheads this season. JEFF HARPER/METRO

doubled to 78 points this season from 39 in his 2010-11 rookie campaign.

Ashley doesn't lament his relatively smallish stature; instead the P.E.I. native sees the bright side.

"I use my low centre of gravity and speed to my advantage. I'm quick to get on guys and just be a pest. I've always played with an edge."

Mooseheads defenceman MacKenzie Weegar knows how invaluable Ashley has been for the Mooseheads, who are preparing for their

playoff home-opener against the Saint John Sea Dogs on Friday night.

"He's one of our real leaders," said Weegar. "If he's going into the corner with a six-foot-six defenceman he's coming out with that puck."

For Mooseheads netminder Zach Fucale, no one in the league is more deserving of the Q league's hardest working player award than Ashley.

"He brings it every single game and all of those points he's worked so hard for them," said Fucale.

Mooseheads statistics

2012-13 SEASON

	GP	G	A	P	+/-
J. Drouin	49	41	64	105	48
M. Frk	56	35	49	84	31
D. Ashley	66	26	52	78	44
M. Boudreau	67	36	39	75	41
N. MacKinnon	44	32	43	75	40
S. Fournier	66	35	37	72	17
L. Ciampini	65	25	46	71	42
S. MacAulay	59	31	31	62	8
K. Abeltshauser	56	7	47	54	35
B. Andrews	67	15	30	45	19
M. Weegar	62	8	36	44	55
A. Ryan	56	21	18	39	18
D. Beauchemin	60	14	20	34	19

M. Murphy	69	2	31	33	22
B. Duke	54	1	23	24	43
T. Lewis	59	5	18	23	38
R. Falkenham	45	10	11	21	17
A. Hardie	67	1	12	13	33
M. Lindsay	51	6	2	8	2
B. Lovell	32	1	4	5	4
L. Alcalde	42	2	0	2	1

GOALTENDERS

	W-L-OL-SL	SO	GAA	S%
Z. Fucale	45-5-2-1	2	2.35	.909
C. Clarke	13-1-1-0	1	3.10	.880



Halifax Mooseheads head coach Dominique Ducharme
METRO FILE

Moose get their start date

The Halifax Mooseheads' first-round best-of-seven playoff schedule against the Saint John Sea Dogs has been set.

The series opens at the Metro Centre on Friday and Saturday, while Games 3 and 4 are scheduled in Saint John at Harbour Station next Tues-

day and Wednesday.

The final three games are scheduled as followed, if necessary: March 29 (Halifax); March 31 (Saint John); April 2 (Halifax).

Mooseheads head coach Dominique Ducharme said it's a bonus that his team

won't have to deal with a heavy travel schedule off the bat. But he added preparation remains his prime focus.

"We haven't been thinking about who we're going to match up against, we've been working on being our best when the playoffs start."

The team will get in three more practices before Friday's matchup.

The Mooseheads have dominated the Sea Dogs over the course of the regular season, losing just one of eight games against Saint John.

ANDREW RANKIN/METRO

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4 SPORTS

High playoff hopes for Canadian teams

NHL. Five of country's seven teams currently in position to play post-season hockey

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said.



If the regular season ended today, both the Leafs and Sens would advance to play in the post-season, along with three other Canadian teams. FRANK GUNN/THE CANADIAN PRESS

"Canada's been longing for a team to win a cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own

Canadian representation

The last time all the Canadian teams made it was 1985-86 when there were only 21 teams, seven of them in Canada.

teams over the hump.

"It's exciting, but that's about it," added Gorges. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning. **THE CANADIAN PRESS**



Heat making history

Miami Heat forward Chris Bosh beats Jeff Green of the Boston Celtics to the basket in Boston on Monday. With a final score of 105-103, the Heat reached the second longest winning streak in NBA history — 23 in a row. **JIM ROGASH/GETTY IMAGES**

Dating game

Woods, Vonn say they're an item

Sports has a new power couple: Tiger Woods and Lindsey Vonn confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating."

"I guess it wasn't a well-kept secret but yes, I am dating Tiger Woods," Vonn said on her Facebook page.

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Horoscopes

Aries

March 21 - April 20

If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

Taurus

April 21 - May 21

You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

Gemini

May 22 - June 21

A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

Cancer

June 22 - July 23

Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

Leo

July 24 - Aug. 23

You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

Virgo

Aug. 24 - Sept. 23

You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

Libra

Sept. 24 - Oct. 23

As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

Scorpio

Oct. 24 - Nov. 22

There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

Sagittarius

Nov. 23 - Dec. 21

Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

Capricorn

Dec. 22 - Jan. 20

The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

Aquarius

Jan. 21 - Feb. 19

There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

Pisces

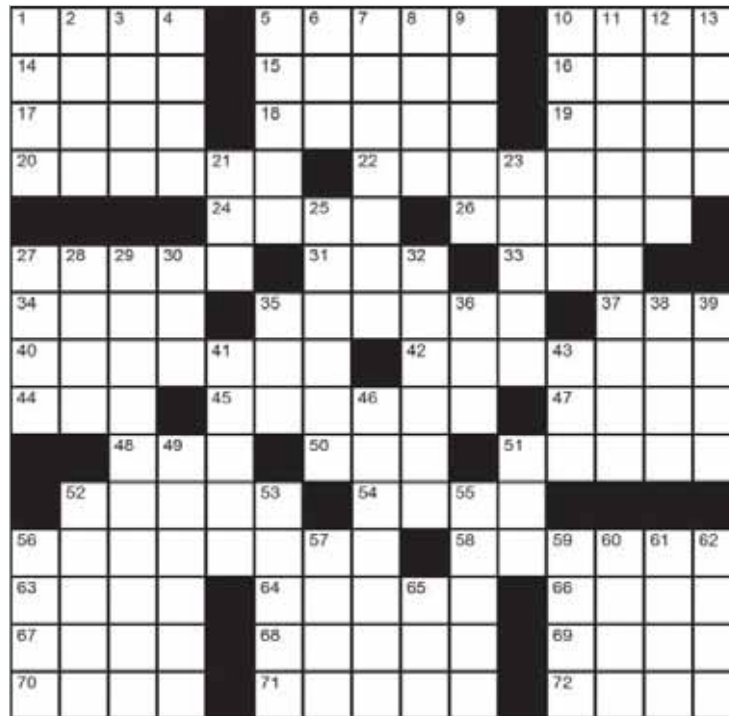
Feb. 20 - March 20

You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- March 19-24, 2013: Canadian Music ____
- Ozzy, as Jack or Kelly would introduce him: 2 wds.
- River of Turkey
- Competent
- Emma Roberts, to Julia
- Drill hole
- Broadway musical, ____ Yankees
- Related maternally
- Huffy-puffy mood
- Solar ____
- Embassy worker
- Paper pack
- Of the ear
- British singer Ms. Goulding
- '____' in Regina
- "Arctic Air" network
- Bridal accessory
- Made up of two
- Permit
- English: French
- Prime Minister ____
- Pearson
- To the ____ degree
- Batman's city
- "____ Street" (1987)
- Even if, briefly
- Swiss river, variably
- Great ____ (Dogs like Marmaduke)
- Piercing
- Actor Mr. Phillippe
- "ET Canada" airtel: 2 wds.
- Group of Seven painter Mr. Harris (b.1885 - d.1970)



- "____ and ____" by Lady Gaga
- Cosmetics company, L'____
- Car
- ____. ____ Helens, Wash.
- Alan of Great Big Sea
- Like a slanted line, for short
- Ladies

- Ms. Spacek
 - Bryan Adams album: '____ the Fire'
- ### Down
- Big bits
 - Web auction site
 - Tree types
 - Superman/Clark ____
 - Boeotian Muse of memory

- Feminine side
- Juno-winning rockers, Theory of a ____
- Play's opening: wd. + Roman Numeral
- Filmmaker Ms. Mehta
- Soak up
- Canadian sportscaster: 2 wds.
- Font style

- Cobblestone
 - Bard's 'previously'
 - Beatles' 'In the Sky' girl, and others
 - Record label Clive Davis founded
 - "____ Almighty" (2007)
 - Pre-Easter period
 - Peggys Cove landmark
 - Unwell
 - Wage
 - Li'l life story
 - "Shiny Happy People" b.a.n.d.
 - Detective novelist, ____ Stanley Gardner
 - Dining room pieces, for short
 - Marketplace of ancient Greece
 - Lettered airline, once
 - Canadian fast food chain
 - Smoking, gum chewing, and others
 - Genetic letters
 - Laziness
 - Trudges
 - Tin Pan ____
 - Rep-doing locales
 - Deanna ____
- (Counselor on "Star Trek: The Next Generation")
- Sort of streambed
 - Wreck
 - Louisiana, for one, in French
 - Cancelled, ____
 - Mr. Gore's

Yesterday's Crossword

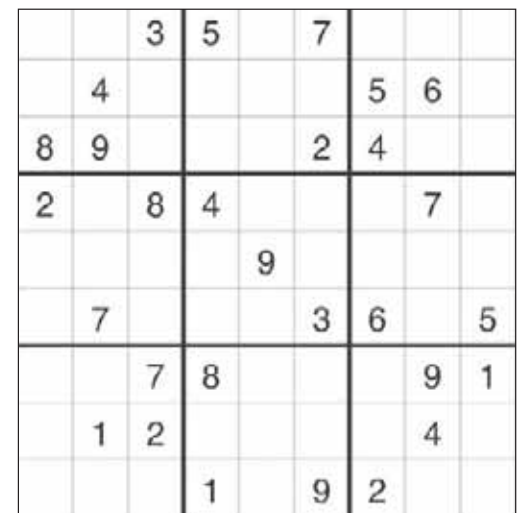


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-3°/-5°
Variable

Wednesday

4°/-3°
Flurries
90%

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